

Purpose

Pre-Kindergarten and Kindergarten students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn the proper technique of walking, running, hopping, and jumping.
- learn the names of various body parts.
- learn to demonstrate body balance.
- learn to use equipment and space safely and properly indoors and out.
- learn to bounce and catch the ball with two hands.
- learn to kick a stationary ball with the dominant foot.
- learn to demonstrate positive ways to respond to conflict.

Teaching Strategies

- Demonstration of skills
- Use of secondary sources such as music

Assessment

- Student physical feedback of skills
- Student social feedback

Resources

- What Are We Doing in Gym Today? (1983)

Purpose

First Grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to gallop, slide, leap, and skip.
- learn the proper technique of jumping jacks.
- learn to start and stop as the rhythm dictates.
- learn to flee and dodge to avoid colliding.
- learn to throw with various size balls.
- learn to participate positively in an activity that requires cooperation.

Teaching Strategies

- Demonstration of the skill
- Use of secondary sources such as music

Assessment

- Student physical feedback of the skills
- Student social feedback

Resources

- What Are We Doing in Gym Today? (1983)

Purpose

Second grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to jump rope.
- learn to fall in a safe manner.
- learn about sportsmanship.
- learn basic base running with proper form.
- learn to kick a rolling ball with proper form.
- learn passing skills with hands with proper form.
- learn to trap and propel a ball with proper form.
- learn to dribble, bounce, and chest pass with proper form.
- learn appropriate competitive participation.

Teaching Strategies

- Demonstration of the skills
- Use of secondary sources such as music
- Positive encouragement to all students

Assessments

- Student physical feedback of the skills
- Student social behavior
- Student progression of improvement

Resources:

- Various coaching clinics
- Internet
- What Are We Doing in Gym Today? (1983)

Purpose

Third grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to experience recreational activities (e.g., fisbee, jumprope, 4 square).
- learn to experience a forward and backward roll.
- transfer safety, sportsmanship and equipment care rules from the gym to the playground.
- learn to demonstrate technically correct overhand throw (criteria: minimum of 5 yards, dominant hand, stepping with opposite foot).
- learn to demonstrate proper catching technique (criteria: catching the ball and absorbing force without trapping).
- learn to dribble a ball with feet with proper form.
- learn to pass a ball with feet with proper form.
- learn to demonstrate striking skills.

Teaching Strategies

- Demonstration of skills
- Using secondary resources such as videos
- Positive encouragement to all students

Assessments

- Students physical feedback
- Students social behavior
- Students overall effort

Resources

- What Are We Doing in Gym Today? (1983)
- Various coach's clinics
- Video (An Introduction to Coaching Youth Soccer) 2005

Purpose

The Fourth Grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to execute a forward pass to a stationary target (criteria: minimum of 10 yards).
- learn to catch a football from a throw (criteria: minimum of 10 yards).
- learn the correct technique of the chest and bounce pass.
- learn to stationary dribble with the proper technique (criteria: 15 seconds, dominate hand).
- learn the proper grip for the hockey stick.
- learn the proper technique for stick handling.

Teaching Strategies

- Demonstration of skills
- Positive encouragement of students
- Using students with excellent skills to help other students and demonstrate

Assessments

- Student physical feedback of skills
- Student social feedback with other students
- Student overall effort
- Student uniform presentation

Resources

- Various coaching clinics
- Internet information

Physical Education

Grade 5

Purpose

The Fifth Grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills, and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to describe rules of various physical education activities.
- learn to demonstrate team building skills.
- learn to trap a propelled ball with the foot.
- learn to demonstrate a ground pass.
- learn to demonstrate goalie skills.

Teaching Strategies

- Demonstration of skills by student and teacher
- Positive encouragement to every student
- Giving students more options for activities

Assessments

- Student physical feedback with skills
- Student social feedback with other students and teacher
- Student overall effort
- Student uniform presentation

Resources

- Various coach's clinics
- Video of Youth Soccer Coaching Education Series

Purpose

The Grade Six, Seventh, and Eighth Grade students will maximize their potential in a Christ-centered environment through the acquisition of knowledge, skills and attitudes that will transfer to a healthy lifestyle.

Outcomes

The students will

- learn to participate in recreational lifetime activities (e.g., golf, bowling, and tennis).
- learn rules to various physical education activities.
- learn strategies for group and team activities.
- learn etiquette and team building skills.

Teaching Strategies

- Students to teach various activities
- Offering various activities
- Positive encouragement to each student

Assessments

- Leadership ability
- Overall effort
- Social interaction
- Presentation of uniform

Resources

- Various coach's clinic
- Golf video
- Internet access